



INSTRUCTIONS: Date the document and complete the exercise. After you've finished the course, review your responses to see how they may have evolved.

THE REASON WHY SELF-ASSESSMENT

Exploring the stories we tell ourselves and how to shift our perspective through reflection.

REASON VS. EXCUSES
CIRCUMSTANCES VS. FREEDOM
CONTEXT VS. CONTENT

1) The reason I feel positive about myself is:

2) The reason I maintain faith is:

3) The reason I became upset last time was:

4) The reason I felt satisfied with myself was:

5. The reason why my natural state is a state of

6) The reason I feel most inspired is:

7) The reason why I wish to improve at

8) The reason I rationalise my behaviour is:

9) The reason I am who I am is:

10) The reason why purifying my senses and refining my will are important: